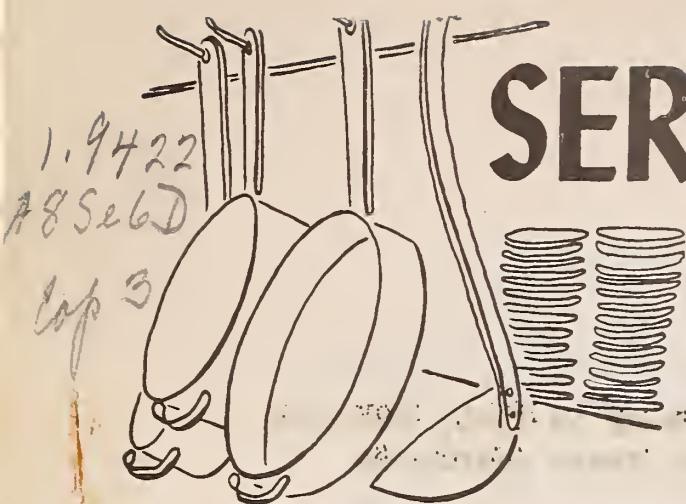


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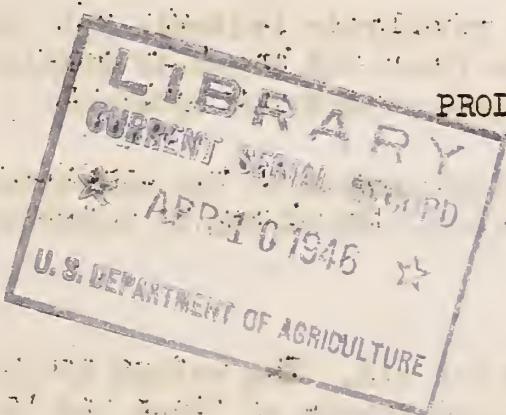


# SERVING MANY

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Food news for food managers in industrial plants, restaurants, hotels, and hospitals

Published monthly by U. S. DEPARTMENT OF AGRICULTURE  
Commodity Credit Corporation  
Office of Supply



PRODUCTION AND MARKETING ADMINISTRATION

Dallas, Texas  
January 1946

## ABUNDANT FOODS

Among the foods in abundance this month are roasting chickens and fowl, eggs, cabbage, Irish potatoes, sweet potatoes, oranges and grapefruit. Heavy tom turkeys are still plentiful in some states.

Supplies of Choice and Good grades of beef, especially of rib roasts and steaks, will be limited by the set-aside order reserving 30 percent of these grades of beef for the military forces. The set-aside order will be continued only until military needs can once more be met through the open market.

## ENRICHED FLOUR AND BREAD

Supplies of breakfast cereals and wheat flour are plentiful and industrial feeding managers should use care in their selection of them. Whole-grain cereals and breads contain valuable minerals and vitamins and should be included regularly in cafeteria breakfast and luncheon menus.

Many persons prefer and eat white bread and highly milled cereals from which most of the vitamins and minerals have been removed. The food buyer can aid in improving the diets of these persons by purchasing enriched bread, enriched or restored cereals and by using enriched flour for cooking and baking.

These products cost little or no more and the color and flavor are not affected but their nutritive value is improved greatly.

The national enrichment program, which got underway in 1941, provides for the enrichment of white flour and bread with those nutrients largely removed in milling.

The addition of thiamin (vitamin B<sub>1</sub>), riboflavin (vitamin B<sub>2</sub>), niacin and iron in specified amounts to white flour and bread is required. Addition of calcium and vitamin D is recommended but optional.

Flour is enriched by feeding a controlled amount of the enrichment mixture continuously into the mill stream. Bread may be enriched in one of three ways:

1. Making it from enriched flour.
2. Adding a vitamin-mineral wafer to the mix. The wafers are made to give the desired enrichment to 100 pounds of flour and to fractional amounts.
3. Using high-vitaminized yeast.

The nutrients added to enriched flour, bread and cereals are those in which workers' diets as a whole are inadequately supplied. The inclusion of more whole-grain products in the menu and the use of enriched flour and bread is a practical means of improving the dietaries and health of industrial workers.

#### BREAKFAST TO WORK ON

Too many workers begin the day with little or no breakfast. This may be because they arise late and are in a hurry, have a long trip to work or have no one to prepare breakfast.

One reason a worker's breakfast is omitted or is inadequate is because he does not realize the relationship of a good breakfast to his health and efficiency.

Food service managers have a challenge to counteract the habit of no breakfast or of an inadequate one. They should tell the story of "better breakfasts" to the workers by posters, table-tent cards, stories in the plant papers, talks and personal interviews.

The most effective stimulus to workers to eat better breakfasts is to provide breakfast service at the plant. If food is available in the plant cafeteria at breakfast time, is well-prepared and quickly served, many workers will take advantage of this opportunity to eat before they go to work.

The breakfast service may be simple and the menu limited but it should provide appetizing and nutritious foods, such as:

Citrus fruits and juices and tomato juice  
Whole-grain and enriched cereals with milk  
Eggs  
Enriched and whole-wheat toast  
Coffee  
Milk

Serve foods that are cooked to order or prepared on a staggered schedule. Display foods on a convenient neatly arranged counter. Provide quick, efficient service.

Mental alertness and muscular efficiency remain at a higher level during the morning hours if workers eat an adequate breakfast. Dr. Haggard and Dr. Greenburg point out:

"High muscular efficiency is the objective and measurable accompaniment of a subjective feeling of well-being and vigor. The rise and fall of this efficiency is correlated also with the rise and fall of productivity among factory operatives performing manual tasks."

And again: "Our findings indicate that diminished productivity heretofore attributed to fatigue may in reality be dietary."

(Reference: Haggard M. D., Howard W. and Greenburg M. D., Leon A. - "Diet for Physical Efficiency." New Haven, Conn. Yale University Press, 1935)

A study made in an ordnance depot in 1943 showed that the greatest number of accidents occurred in the morning hours between 11 a. m. and noon and that an important reason was few of the workers had eaten an adequate breakfast.

#### COOKING CHICKENS

Roasting chickens and older fowl will be plentiful this winter. Industrial feeding managers can use the older fowl advantageously for stewing, braising and extended dishes like chicken and noodles, creamed chicken and chicken potpie.

Observe these rules when cooking chickens:

1. Cook at a moderate heat so the flesh will be juicy, tender and evenly cooked to the bone.

2. Vary the cooking method according to the age and fatness of the bird. Lean, mature birds are suitable for braising. Old fowl need long slow cooking by moist heat, such as stewing or steaming.

Poultry is very perishable. Keep uncooked poultry refrigerated. Chill cooked poultry quickly, keep it cold and use it soon after it's cooked.

Most plant cafeteria managers buy chickens by dressed weight or undrawn with head and feet left on. When the entrails and the head and feet are removed, the drawn weight of the bird will be about one-fifth less than the dressed weight.

## CHICKEN RECIPES

### Braised Chicken

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Fowl, weighing 5 to 6 pounds each	75 pounds
Flour	2 pounds
Salt	2 ounces
Pepper	2 teaspoons
Cooking fat	1 pound, 8 ounces
Water	4 quarts

Weight of serving - 6 ounces (including bone)

1. Singe the chicken, draw and wash thoroughly in cold water.
2. Cut each chicken into 2 breast portions, thighs and drumsticks. Reserve the backs and necks for soup or stewing.
3. Sift the flour, salt and pepper together.
4. Dredge each piece of chicken in the seasoned flour.
5. Brown the chicken in the hot fat.
6. Place the browned chicken in a covered roasting pan, add hot water to cover the bottom of the pan and cook slowly in a 300° F. oven for about 3 hours or until tender.
7. Remove cooked chicken and make gravy from the drippings.

### Savory Creamed Chicken

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Cooking fat	1 pound, 8 ounces
Celery, diced	3 quarts
Onion, chopped	4 ounces
Green pepper, chopped	4 ounces
Flour	1 pound, 8 ounces
Chicken stock	9 quarts
Top milk	3 quarts
Salt	2 ounces
Paprika	1 tablespoon
Chicken, boned and cubed	10 pounds

(One 5 to 6 pound chicken will yield about 1-1/4 pounds of boned meat)

1. Cook the diced vegetables in the hot fat for 5 minutes.
2. Stir the flour into the vegetables blending thoroughly.
3. Add the broth and top milk slowly, stir constantly and cook the sauce until thickened.
4. Season the sauce with salt and paprika.
5. Add the cubed chicken to the sauce and heat thoroughly.
6. Serve on hot biscuits, steamed rice, noodles, or crisp toast.

### GUIDE FOR DRY STORAGE

1. Cereals, cereal products, dry vegetables, spices, condiments and canned goods should be kept in dry storage. Canned citrus fruit juices are an exception and should be placed in refrigerated storage as soon as they are received.
2. Dry storage rooms should be well-ventilated and maintained at a temperature of 60° to 70° F. Windows should be screened and walls and floors should be ratproof.
3. Provisions should be placed on shelves or stacked on platforms raised at least 6 inches above the floor.
4. Storage should not be placed directly against walls but at least a 2-inch leeway should be allowed.
5. Cereals, cereal products, dry vegetables and beverages should be held in metal containers with tight fitting lids. Garbage cans mounted on rollers may be used for this purpose. Containers should be clearly labeled. Products should be inspected frequently for insects.

6. Canned goods should be marked with the date of delivery and the stock rotated.
7. Canned goods should be inspected frequently for swells and leaks.
8. Evaporated milk should be placed in the coolest part of the storeroom. The cans should be inverted at least once in 3 months.
9. Foods packed in glass should be kept in closed boxes as light tends to injure the color and flavor of these foods.
10. Case goods should be removed from the case before they are taken from the storeroom.
11. Flour sacks should be cross-stacked on a raised platform to facilitate proper ventilation. Do not stack them more than 6 tiers high.
12. Storerooms should be cleaned and sprayed regularly. Special care should be given to cleaning and spraying dark corners and spaces under shelves.

SPECIAL MENUS FOR JANUARY FEATURING ABUNDANT FOODS

<p>1</p> <p>Savory creamed chicken on biscuits Baked sweet potato Buttered green peas Enriched bread with butter or fortified margarine Fruited gelatine Milk</p>	<p>2</p> <p>Fish cakes with egg sauce Cole slaw Buttered carrot strips Whole-wheat bread with butter or fortified margarine Sponge roll with orange cream filling Beverage</p>	<p>3</p> <p>Beef stew with potatoes, onions, carrots Sliced orange salad on leaf lettuce Enriched bread with butter or fortified margarine Warm gingerbread with whipped cream Milk</p>
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4	5
Roast lamb Oven-browned potatoes Buttered broccoli Enriched bread with butter or fortified margarine Sliced oranges with custard sauce Beverage	Meat loaf with sweet relish Scalloped potatoes Glazed carrots Whole-wheat bread with butter or fortified margarine Caramel custard Beverage
6	7
Braised chicken Mashed potatoes Buttered green beans Enriched rolls with butter or fortified margarine Deep dish apple pie Milk	Fried egg and Canadian bacon Hashed brown potatoes Cabbage and green pepper salad Enriched rolls with butter or fortified margarine Chocolate layer cake Milk
8	9
Spanish omelet Baked potato Buttered spinach Whole-wheat bread with butter or fortified margarine Coffee ice cream Milk	Pot roast of beef Steamed potatoes Buttered spinach Whole-wheat bread with butter or fortified margarine Ice cream Beverage
10	11
Frankfurters Hot potato salad Buttered cabbage Enriched bread with butter or fortified margarine Pumpkin pie Beverage	Braised pork chop Potatoes au gratin Buttered green beans Enriched bread with butter or fortified margarine Lemon meringue pie Beverage

12	
Braised calves' liver Parsley-buttered potatoes Cabbage and carrot salad Whole-wheat bread with butter or fortified margarine Chocolate pudding Milk	
	13
	Roast veal with dressing Mashed potatoes Buttered green peas Enriched bread with butter or fortified margarine Fruit cup with spice cookies Milk
	14
Boston baked beans with salt pork Shredded cabbage and tomatoes Tossed green salad Enriched bread with butter or fortified margarine Peach cobbler Milk	
	15
	Chili con carne Baked Hubbard squash Mixed green salad with chopped egg Whole-wheat bread with butter or fortified margarine Fruit cup Milk

THE "BEST BUY" LIST

COLORADO, Denver: beets, cabbage, carrots, cauliflower, lettuce, Irish potatoes, tomatoes, oranges, grapefruit; KANSAS, Topeka: grapefruit, oranges, Irish potatoes, cabbage, lettuce.

NEW MEXICO, Albuquerque, Gallup, and Santa Fe: celery, cabbage, carrots, Irish potatoes, sweet potatoes, lettuce, endive, onions, parsnips, bell peppers, oranges.

OKLAHOMA, Oklahoma City: cabbage, carrots, cauliflower, lettuce, grapefruit, onions, oranges, Irish potatoes, sweet potatoes, tomatoes;  
TEXAS, Fort Worth: grapefruit, cabbage, carrots, Irish potatoes, sweet potatoes, beets.

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